

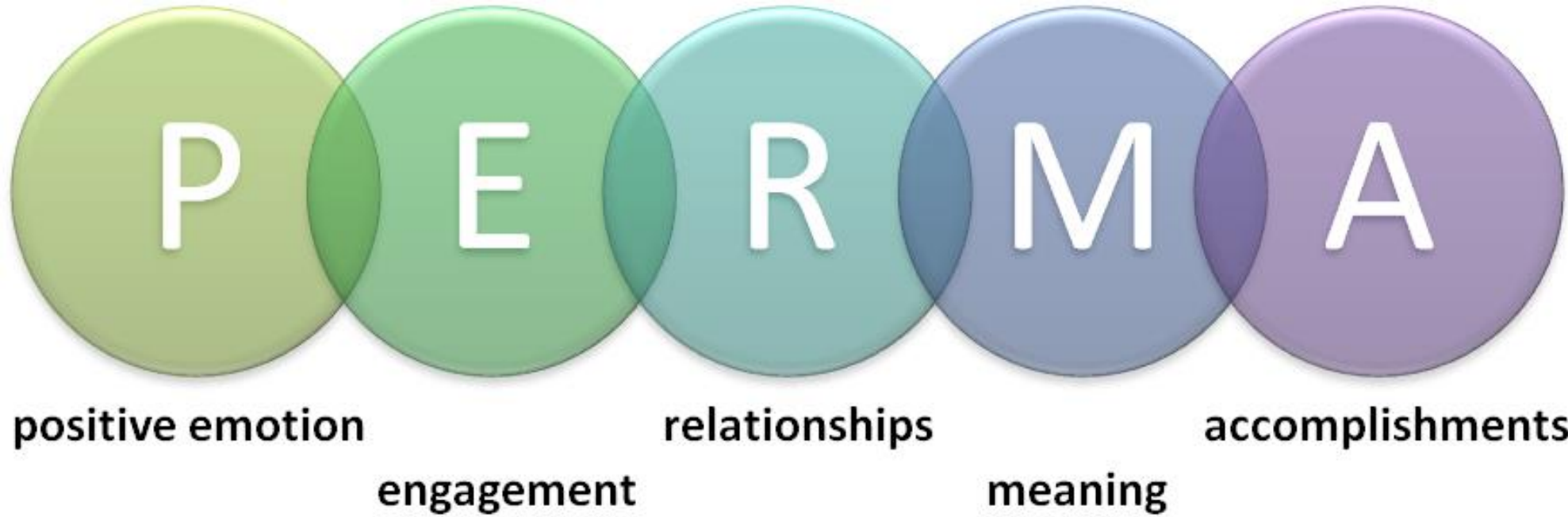
# Strengths-Based Parenting

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# What is Positive Psychology?

<https://www.bing.com/videos/search?q=what+is+positive+psychology+video+youtube&&view=detail&mid=8BA3DDA283BF6D804B898BA3DDA283BF6D804B89&&FORM=VRDGAR>

# P.E.R.M.A.



# Character Strengths

Let it Ripple:

<http://www.letitripple.org/films/science-of-character/>

# VIA Character Strengths and Virtues

					
<b>wisdom</b>	<b>courage</b>	<b>humanity</b>	<b>transcendence</b>	<b>justice</b>	<b>moderation</b>
<i>//creativity</i> <i>//curiosity</i> <i>//judgement</i> <i>//love of learning</i> <i>//perspective</i>	<i>//bravery</i> <i>//persistence</i> <i>//honesty</i> <i>//zest</i>	<i>//love</i> <i>//kindness</i> <i>//social intelligence</i>	<i>//appreciation of beauty</i> <i>//gratitude</i> <i>//hope</i> <i>//humour</i> <i>//spirituality</i>	<i>//teamwork</i> <i>//fairness</i> <i>//leadership</i>	<i>//forgiveness</i> <i>//modesty</i> <i>//prudence</i> <i>//self-control</i>

# VIA Character Strengths Survey

- ▶ Created as a result of three years of research led by Dr. Martin Seligman "the father of positive psychology" and Dr. Christopher Peterson, University of Michigan distinguished researcher
- ▶ Used in hundreds of research studies
- ▶ Taken by over 3 million people
- ▶ Used in over 190 countries
- ▶ Adult Survey
- ▶ Youth Survey (10-17 years)
- ▶ Free
- ▶ <https://www.viacharacter.org/survey/account/register>

# Your Child at Their Best!

- ▶ <http://www.the-strengths-exchange.com.au/strength-based-parenting.html>

# Strength-Based Parenting - What is it?

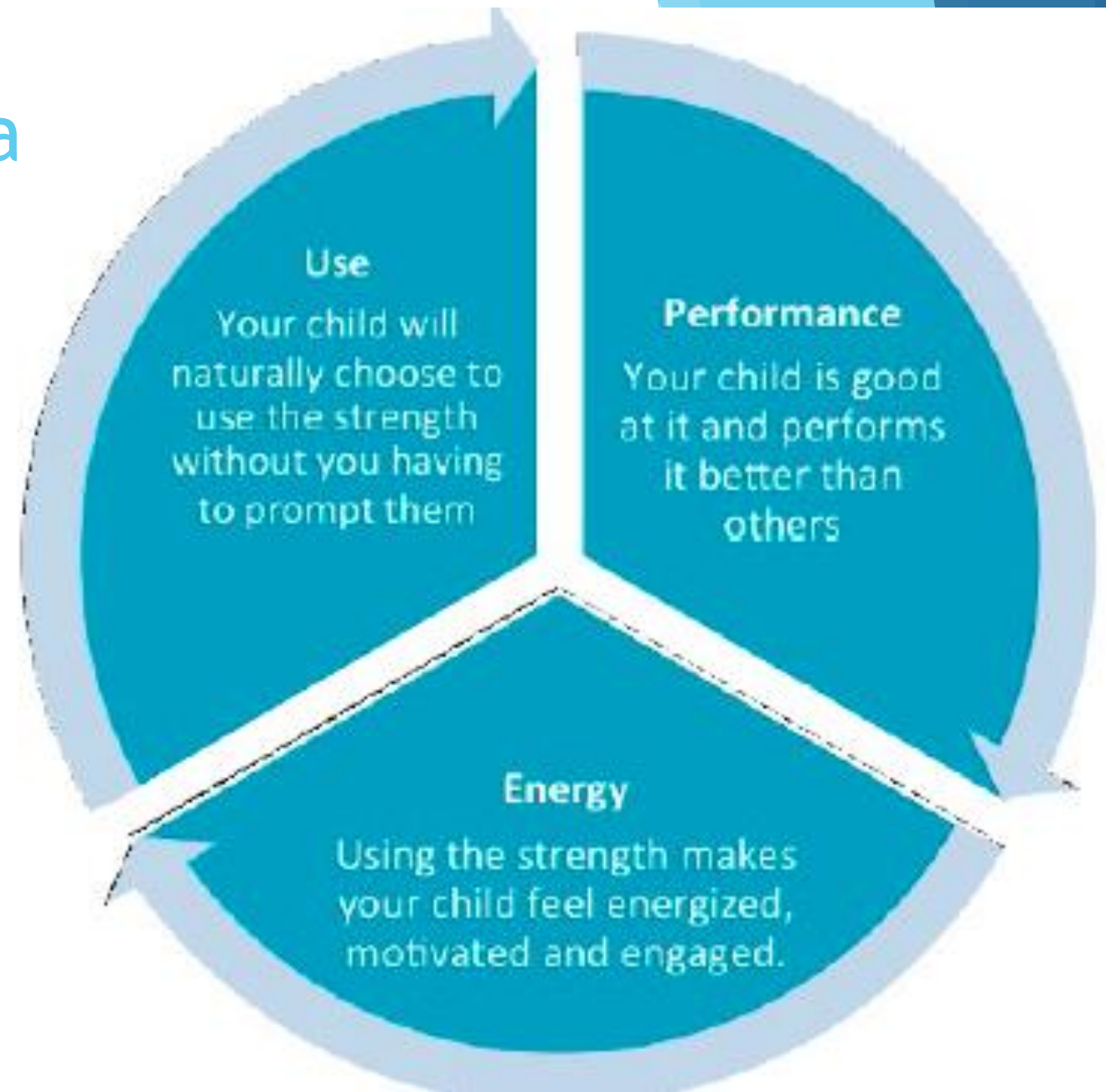
- ▶ Style of parenting encouraging you to intentionally and regularly build upon your child's positive qualities
- ▶ Noticing what your kids have done right before you look at what they've done wrong
- ▶ Amplifying your child's potential > fixing their shortcomings
- ▶ Helping them become the best version of themselves!



# Strengths-Based Parenting Introduction

- ▶ <http://www.the-strengths-exchange.com.au/strength-based-parenting.html>

# The Three Elements of a Strength



# The 3 Strengths Questions

- ▶ Do I see performance?
  - ▶ Watch for: above-age levels of achievement, rapid learning, and a repeated pattern of success
- ▶ Do I see energy?
  - ▶ Watch for: self-reinforcing; the more we use them, the more we get from them; fill us with vigor
- ▶ Do I see high use?
  - ▶ Watch for: what your child chooses to do in spare time and how often your child engages in a particular activity





# Signature Strengths

- ▶ Refers to those character strengths that are most essential to who we are. (usually the ones from the top of the survey)
- ▶ Using one's signature strengths in a new way increased happiness and decreased depression for 6 months
- ▶ Use of signature strengths in novel ways along with personally meaningful goal-setting led to increases in student engagement and hope
- ▶ How to we build our strengths?
- ▶ Reference: PowerPoint and 340 Ways to Use Character Strengths

# Active Constructive Responding (ACR)

- ▶ ACR is a way of reacting to other people when they share positive news.
- ▶ Characterized by sincere enthusiasm, energy, and engagement; by showing genuine interest in the good event being shared (Gable et al, 2004)
- ▶ A building block for lasting relationships and individual well-being (Meisel & Gable, 2009)

# Active Constructive Response

	ACTIVE	PASSIVE
CONSTRUCTIVE	<p>Enthusiastic Support Genuine Energizing/Engaging Asks Questions</p> <p>Sounds Like </p> <p>OMG! That's Amazing! I knew you could do it! How does it feel? How will you celebrate?</p>	<p>Quiet Forced/Fake Smile Low Energy Just Doesn't Care</p> <p>Sounds Like </p> <p>Oh. Cool. That's nice, good for you. Anyways, let's get on with this workout.</p>
DESTRUCTIVE	<p>Crushes the Event Highlights Drawbacks Turns Positive into Negative Belittling</p> <p>Sounds Like </p> <p>I don't believe it. Well be careful with your knees. That amount of running can really hurt you in the long run.</p>	<p>Ignores the Event Avoids the Speaker Focuses on himself Me-Me-Me Syndrome</p> <p>Sounds Like </p> <p>Congrats...can you believe I ran 10 miles yesterday! Not my best but I'm going to run 12 today.</p>

# Active Constructive Response Benefits

- ▶ Benefits include:
  - ↑ positive emotions, motivation, performance, and well-being
  - ↑ savoring, reliving and re-experiencing the event
  - ↑ friendships and feelings of understanding and trust
  - ↑ feeling more supported in relationships
  - ↓ conflicts
- ▶ **Fun Research Fact:**
  - ▶ Researchers can predict divorce in four years with 83-93% accuracy just by observing how couples interact (Gable et al, 2006).



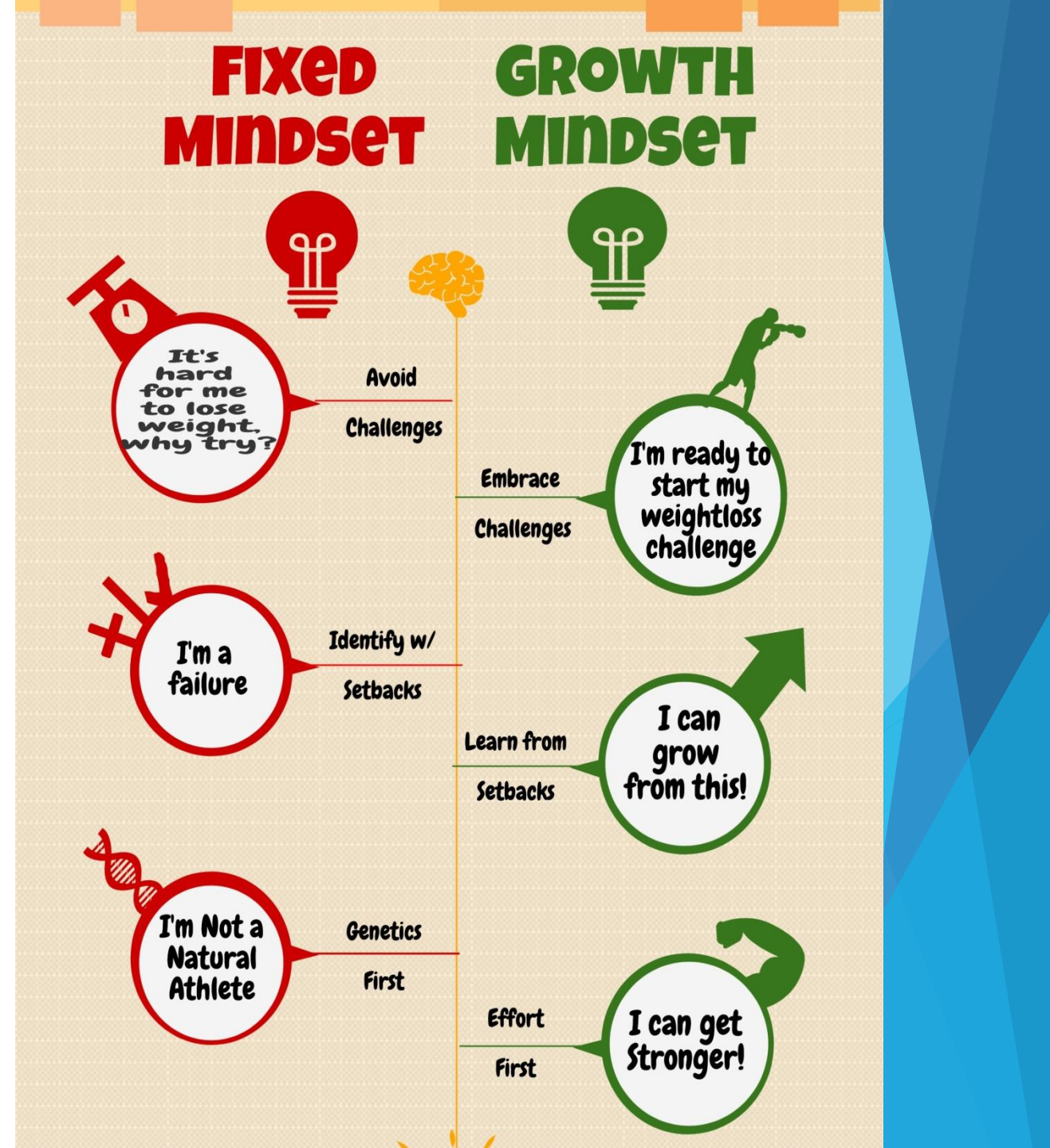
# Savoring

- ▶ Helping others re-live positive experiences to develop long lasting memories and physical effects in the brain to trigger those strong positive emotions when similar situations present themselves in the future
- ▶ Ask you child questions that get to the details of their experience - what did they taste, see, touch, hear, smell? What did they feel? Who was there? Etc.



# Fixed vs. Growth Mindset

- ▶ Fixed - people who believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort.
- ▶ Growth: people who believe that abilities and intelligence can be developed over time



# Character Strengths: A. E. A. Model

- What are my strengths?
- Learn the language
- Spot strengths in others

Aware



- How do the results fit for me?
- What is my gut reaction?
- Which top five resonate with me?

Explore

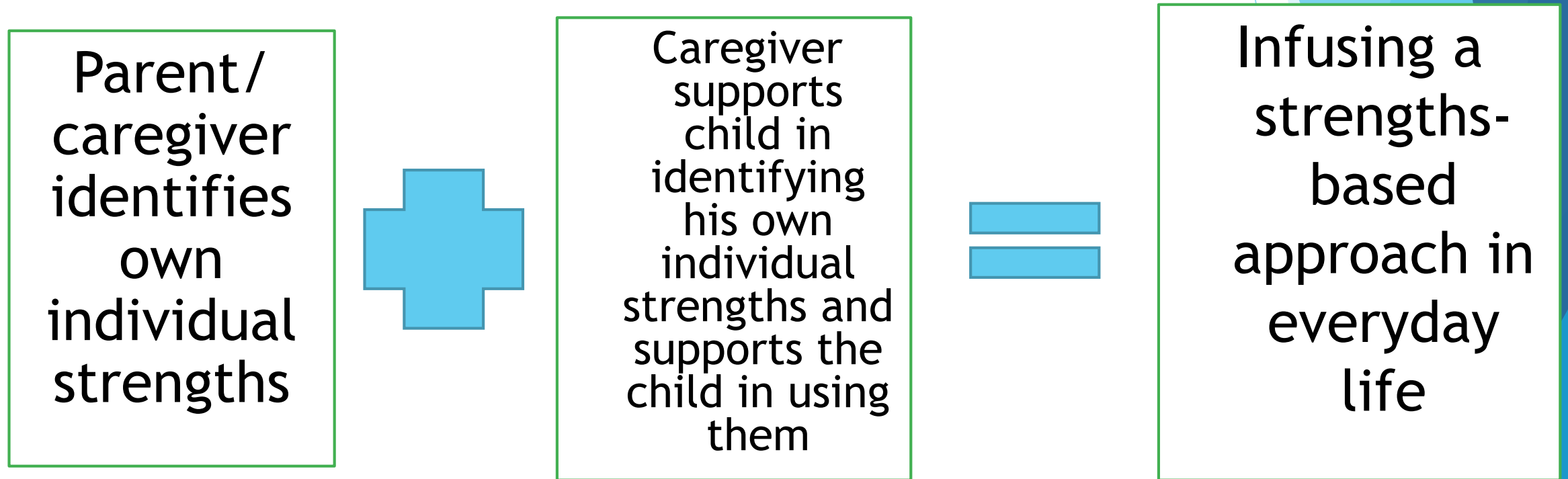


- How can I use my strengths daily?
- How can I use my strengths in new ways?

Apply



# Formula for a Strengths-Based Parenting Approach



# Closing Activities...

- ▶ Strengths-Based Parenting Quiz
- ▶ Take the Characters Strengths Survey
- ▶ Parent Manifesto
- ▶ Write a letter to your child about the strengths you see in them